

**SUGGESTED USE** Consume one capsule daily. You can increase your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**

**100% SOLAR PRODUCTION  
ZERO CARBON FOOTPRINT**



**QUESTIONS? REORDERS?**  
**800.800.1200 PROCAPS.COM**

**Manufactured by ProCaps Labs  
Henderson, NV 89011**



ANDREW LESSMAN



# HEALTHY HAIR, SKIN & NAILS™

**3,000 mcg Biotin · MSM  
Complete B-Complex**



**HEALTHY HAIR, SKIN & NAILS** is a comprehensive blend of nutrients specifically formulated to enhance the appearance and growth of our hair, skin and nails. These tissues comprise the integumentary system, which is both the largest system in the body and also the only one that never stops growing. As a result, these tissues possess exceptional nutrient requirements, not available from even the healthiest diets. Although the appearance of these tissues does not directly affect our health, there is no denying its powerful impact on how we feel about ourselves. The constant growth of our hair, skin and nails demands high levels of biotin – far higher than those found in any diet or typical multivitamin. We provide 3,000 mcg of our high bioavailability form of this remarkable beauty nutrient. We also provide high levels of MSM (methylsulfonylmethane), an exceptional source of sulfur – critical to the structure of our hair, skin and nails. We also include silicon and our sophisticated B-complex with our unique methyl B12, pyridoxal 5'-phosphate and 5-methyl folate. The result is a comprehensive formula specifically designed to meet the diverse nutritional requirements of the most beautiful and healthy hair, skin and nails.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**

## Supplement Facts

Serving Size 1 Capsule	Servings Per Container 360	
Amount Per Serving	% DV*	
Vitamin C (as Ca ascorbate/palmitate)	50 mg	56%
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin B1 (as thiamin hydrochloride)	2 mg	167%
Vitamin B2 (as riboflavin)	2 mg	154%
Niacin (as niacinamide)	2 mg	13%
Pantothenic Acid (as Ca pantothenate)	2 mg	40%
Vitamin B6 (as pyridoxal 5'-phosphate)	2 mg	118%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	30 mcg	1,250%
Folate (as L-5-methyltetrahydrofolate)	37 mcg DFE	9%
<b>Biotin</b>	<b>3,000 mcg</b>	<b>10,000%</b>
<b>MSM</b> (as methylsulfonylmethane)	<b>250 mg</b>	<b>†</b>
Silicon (from bamboo extract)	10 mg	†
Gelatin (from gelatin capsule)	75 mg	†

\* Percent Daily Values (% DV). † Daily Value not established.  
Other Ingredients: Proprietary Protective Methyl B12 Matrix.  
**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.